Seeing in high definition: OCB offers the next generation in laser vision correction

When Joseph Russo first opened his eyes after laser vision correction surgery, he was overcome with emotion. Everything around him looked crystal clear. The curtain of blurriness he was so accustomed to due to significant nearsightedness had been lifted away in a matter of minutes.

“My vision was so bad, we would have to be touching noses for me to see you,” Russo explains. “After I had the first eye procedure and saw the vision comparison between my two eyes, I just wanted to cry. On the way home, I could see street signs without glasses for the first time. All I could think was ‘This is all it took?’ I was under a laser for 5 minutes.”

Russo, 23, a teacher in Saugus who plays goalie in several soccer leagues, said sports goggles were never strong enough to help him see so he had to wear contacts, which would on occasion pop out at the worst times. Now, he does not have to wear glasses or contacts. For him, laser vision correction was literally a game changer. And thanks to new technology, he and other patients stand a greater chance of not having to wear glasses and even seeing better than they ever could with glasses or contacts.

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Russo is one of the first group of patients at OCB to undergo a laser vision procedure powered by the new iDesign Advanced Wavescan Studio System. The system generates a high-definition scan of the eye that is significantly more precise than any other existing methods used to measure and correct vision. It acts as the “brain” of laser vision procedures, measuring and mapping irregularities of the eye that may impact vision, and then creates a personalized treatment plan based on the unique refractive “blueprint” of each person’s eye.

The increased precision provided by this new technology translates to better, more accurate vision for the patient.

“This new wavefront technology represents the most significant advancement in laser vision correction that we have seen in over a decade,” said OCB Ophthalmologist Peter Rapoza, MD. “I am thrilled to see that our already exceptional visual outcomes are even more accurate than before. We have patients who were nearsighted, who return to the office on the day after surgery with 20/15 vision.”

Dr. Rapoza began using the iDesign system in March and reports that the initial group of 69 eyes in 35 of his nearsighted patients who underwent LASIK with a goal of excellent distance vision achieved visual acuity without glasses on their first post-operative day of 20/15 in 43% of eyes, 20/20 or better in 98.5% of eyes and 20/25 or better in 100% of eyes. By the second week with 47 eyes in 24 patients examined, 70% had visual acuity of 20/15 and 100% achieved 20/20 or better. With traditional laser vision correction procedures, more than 90 percent of people achieve somewhere between 20/20 and 20/40 vision.

In laser vision correction procedures, such as Lasik (Laser Assisted In-Situ Keratomileusis) or PRK (photorefractive keratectomy) a specialized laser, called an excimer laser, is used to reshape the eye’s cornea to improve the way the eye focuses light rays onto the retina at the back of the eye. The laser is guided through exact measurements of your eyes that are taken with the new iDesign Wavefront guided system. The system uses waves of light to precisely map the anatomy of your eye, at 5 times more resolution than previous wavefront guided technology, capturing more than 1200 data points from each eye.

*Results vary from patient to patient. Laser vision correction greatly reduces and may eliminate the need for eyeglasses or contact lenses. The new technology further increases the chances patients will not need glasses.*
Three specialists join OCB

OCB is pleased to welcome three talented physicians who are joining the OCB team of eye care specialists. Ophthalmologists Jessica Moon, MD and Theodor Sauer, MD, MPH, both specialize in cataract and glaucoma care and join us this summer. Victoria Starks, MD, specializes in oculoplastic care, and will be joining us in the fall.

Dr. Moon earned her medical degree at Boston University School of Medicine. She completed her internship at Newton-Wellesley Hospital, her residency in ophthalmology at Tufts New England Medical Center and her fellowship training in glaucoma at the Casey Eye Institute and Devers Eye Institute in Portland, Oregon. During this time, she was an adjunct professor in the Department of Ophthalmology at the Casey Eye Institute. Dr. Moon will begin seeing patients in September at OCB’s South Shore and Cape Cod locations.

Dr. Sauer earned his medical degree at Duke University, completed his internship at Lenox Hill Hospital in New York, and his residency training in ophthalmology at the University of California Los Angeles, where he earned an award for resident teaching. In addition, Dr. Sauer earned his master of public health at the Johns Hopkins School of Public Health. He completed his fellowship training in glaucoma with Tufts New England Eye Center and Ophthalmic Consultants of Boston. Dr. Sauer is seeing patients at OCB’s Boston and Cape Cod locations.

Dr. Starks earned her medical degree at University of Texas Southwestern, completed her internship in internal medicine at Baylor University Medical Center and her residency at University of Texas Southwestern, where she was Chief Resident of Quality Improvement. Dr. Starks completed her fellowship training in Ophthalmic Plastic and Reconstructive Surgery at Massachusetts Eye and Ear. In October, Dr. Starks will begin seeing patients at OCB’s Cambridge, Plymouth and Sandwich locations.

We are delighted to have these outstanding physicians joining OCB. To learn more about these ophthalmologists, please visit www.eyeboston.com.
Ophthalmic Consultants of Boston is pleased to announce the opening of our newest practice location in Falmouth in Fall 2018. OCB Falmouth, located at 186 Jones Road, offers OCB’s patients who live in the Falmouth area a convenient option closer to home. Visit us in Falmouth and you will continue to receive the best possible care that you have come to expect.

The sun can damage your eyes as well as your skin. Be sure to wear UV-blocking sunglasses and a broad brim hat while spending time in the sun. Here are a few tips for buying sunglasses:

- The most important thing to look for is a sticker or tag indicating that the glasses block 100 percent of UV rays.
- Consider buying oversized glasses or wraparound-style glasses, which help cut down on UV entering the eye from the side.
- Less expensive sunglasses marked as 100 percent UV-blocking are just as effective as pricier options.